

# BUBBA'S

SEAFOOD RESTAURANT & CRAB HOUSE  
www.bubbasmarina.com

**Straight From The  
Docks For The  
Freshest Seafood Around!...**



**Not To Mention  
One Great View!!**

**Sun-Thur 11 am -10 pm  
Fri and Sat 11 am -11 pm**

**3323 Shore Drive  
Overlooking Lynnhaven Inlet  
481-3513**

Paid Advertisement

## VET'S NOTES

by Richard  
Dailey, D.V.M.



### WHEN YOUR CAT CAN'T SLEEP

Pets are almost as likely as their owners to suffer from occasional insomnia. A sleepless dog can hinder an entire family's sleep by wandering the house, whimpering, or getting into mischief. Several scenarios can lead to bouts of animal insomnia. Dogs occasionally react to stress with restlessness and nervousness that prevents sleep. A new person in the house, fighting among family members, or a move can trigger insomnia. Insufficient amounts of exercise can cause sleeplessness in dogs, cats, and other animals. Weather changes such as extreme heat or an approaching storm can make dogs restless. Conditions like fleas, allergies, arthritis, diabetes, and kidney disease may also lead to discomfort and sleeplessness. A pet's vet should be consulted when insomnia persists.

P.S.: A calm home atmosphere accompanied by a healthy diet and sufficient exercise will promote good sleep patterns.

Should you notice any problem, from scratching or sneezing to frequent urination or difficulty in moving it's time to see your pet's veterinarian. Appointments can be made by calling us at any of our locations. Evening hours are available Monday thru Thursday. Our Great Bridge office offers state-of-

## Fibromyalgia: The Untold Story

**"Free Report Reveals The Shocking Truth About The 'Secret' Treatment That Your Doctor Probably Doesn't Know About...And Likely Hopes You Never Learn"**

The NACUCC, A National Non-Profit, Consumer Health Awareness Organization, reports that a scientific, clinically researched, *natural* procedure, is giving fibromyalgia sufferers their "lives back" - with "miraculous" results for many.

Call today for your **FREE Report**, which *Reveals* the facts about a proven safe treatment that **REALLY Works** - No "Gimmicks", Hype or Theories. Call Toll-Free 1-888-744-4313 (24-Hour Free Recorded Message.)

## NOTICE OF DRAFT ENVIRONMENTAL ASSESSMENT FOR PROPOSED RANGE PROJECTS

A Draft Environmental Assessment (EA) has been prepared for Proposed Range Projects for Naval Special Warfare Group TWO based at Naval Amphibious Base Little Creek. The preferred site for the Proposed Range Projects is U.S. Army Transportation Center Fort Story. The Draft EA is available for public review at the following libraries in Virginia Beach: Central Library 4100 VaBeach Blvd; Bayside Library 936 Independence Blvd; Oceanfront Library 1811 Arctic Ave. To request a copy of the EA contact Ms. Harris at (757) 322-4893. Comments should be sent to: Commander Atlantic Division Naval Facilities Engineering Command 1510 Gilbert Street, Attn: Code BD33MMH, Norfolk, VA 23511 by June 6, 2003.

## HAND

### CODE ENFORCE

- Unsafe buildings, fences in disrepair: 427-4561
- Overgrown grass: 427-4461
- Overgrown grass: 427-4421

### GRAFFITI

- On private property: 427-4561
- On public building: 563-1470
- The Graffiti Hotline ext. 704

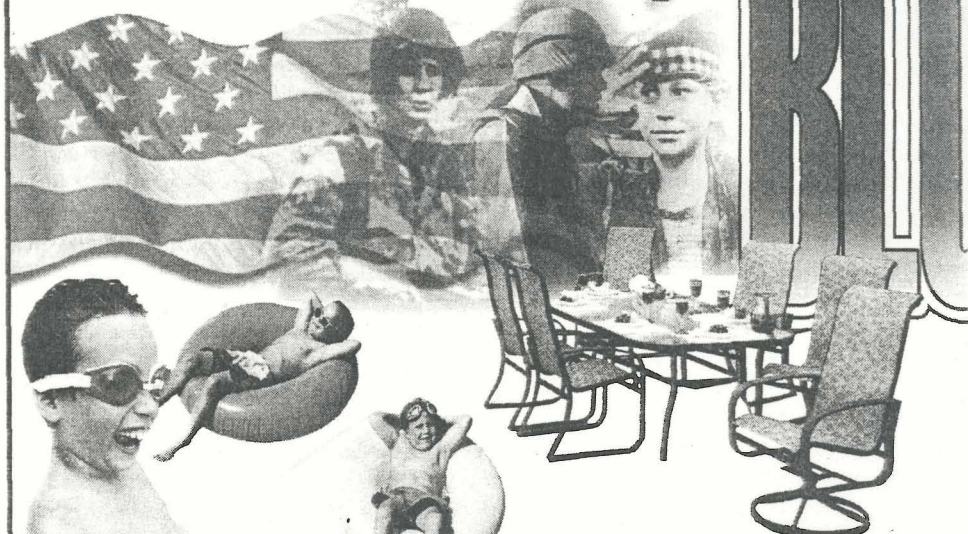
### TRASH COLLECT

- Bulk or special pick-up: 2450
- City landfills: 360-
- Curbside recycling:
- Yard debris trailers:

### WATER AND SE

- Sewage problems: 563-1400
- Customer service: -
- Emergency number: weekends and holidays:
- Questions about street billing: 426-5859

## Memorial Day



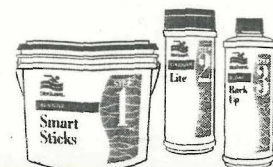
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Hurry Sale Ends  
May 24th!**

**Lloyd/Flanders**

*Woodard*

**BROWN JORDAN**



**20% Off**  
**All 3 Step  
Programs**